

# **BEST NUTRITION PRACTICES**

- \* Breakfast for every child**
- \* Recess before lunch**
- \* Time to enjoy a nutrient-rich lunch**
- \* Quality nutrition education**
- \* Smart snack opportunities**
- \* Non-food rewards and fundraising**

# **SIX STEPS TO SUCCESS**

- 1. Make wellness a priority.**
- 2. Plan wellness changes in baby steps.**
- 3. Walk your own wellness talk.**
- 4. Be prepared to tell the wellness story.**
- 5. Reward and celebrate wellness changes.**
- 6. Create a team of wellness champions.**

## ONLINE RESOURCES: HEALTHY KIDS, HEALTHY SCHOOLS

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#### Billings Gazette Nutrition Columns

[www.billingsclinic.com/body.cfm?id=113](http://www.billingsclinic.com/body.cfm?id=113)

- Archive of regular columns, published in the Billings Gazette, Billings, MT

#### Eat Right Montana's Healthy Families Campaign

[www.eatrightmontana.org/eatrighthealthyfamilies.htm](http://www.eatrightmontana.org/eatrighthealthyfamilies.htm)

- 5+ years of monthly packets with consumer handouts on food and fitness
- To receive free packets electronically, send a request with your Email address to: [maryann.harris@montana.edu](mailto:maryann.harris@montana.edu)

#### Enriching Family Mealtimes (Toolkit with leader's guide and slide sets)

[www.school-wellness.org/AtHome.aspx](http://www.school-wellness.org/AtHome.aspx)

- Download electronic materials, family handouts, and recipes

#### School Wellness – POWERPOINT presentations

[www.nutritionnc.com/ResourcesForSchools/](http://www.nutritionnc.com/ResourcesForSchools/)

- Includes PDFs of three presentations from a 2008 North Carolina workshop (*Where There's The Will, There Are Many Ways; Bell-to-Bell Nutrition Integrity; and Evaluation: How Well Are We Doing with Wellness*), along with many resources for school wellness

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#### Action for Healthy Kids (AFHK)

[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

The AFHK site provides extensive tools, resources, and contacts from the 2005 Summit in Washington, DC, along with materials from state teams around the US. AFHK offers a searchable database and tools to evaluate your school wellness policy.

#### Academy for Eating Disorders Guidelines for Childhood Obesity Prevention

<http://aedweb.org/media/Guidelines.cfm>

The Academy for Eating Disorders “*applauds efforts to make children’s environments as healthy as possible.*” Their 2009 guidelines expand the vision of ‘obesity prevention’ programs to include the prevention of eating disorders and related issues, so they promote overall health and safety.

#### Dole SuperKids

[www.dolesuperkids.com/](http://www.dolesuperkids.com/)

Dole was one of the first companies to create a nutrition education website – and this one keeps getting better. Log on for fruit and veggies facts, recipes, and educational fun. There are special sections for kids, parents, and teachers (with extensive lesson plans and student activities).

#### Farm to School

[www.farmtoschool.org/](http://www.farmtoschool.org/)

Farm to School programs “*connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime, and supporting small farmers.*”

### Montana Team Nutrition Resources

<http://opi.mt.gov/schoolfood/wellness.html>

Use drop-down **MONTANA SCHOOL WELLNESS ESOURCES** menu for PDFs of excellent resources from Big Sky country, including *Healthy Habits Challenge*, *Recess Before Lunch Guidebook*, and *All it Takes is Nutritious SENSE*.

### National Dairy Council Tools for Schools

[www.nationaldairycouncil.org/nationaldairycouncil/tools](http://www.nationaldairycouncil.org/nationaldairycouncil/tools)

Sign up for *NDC Update* (a free monthly newsletter), read about opportunities for 3-A-Day Nutrition Education Grants, check out extensive index of educational materials, and download several free kits for use in schools.

### National Food Service Management Institute (NFSMI)

[www.nfsmi.org/](http://www.nfsmi.org/)

NFSMI is a leader is providing resources for Child Nutrition programs, including CACFP and school meals. Many resources can be downloaded for free, others may be ordered in hard copy. Several new webcasts – like the *Cooks for Kids* series – can be viewed online.

### National Eating Disorders Association

[www.nationaleatingdisorders.org/](http://www.nationaleatingdisorders.org/)

If you are concerned about the increasing risk of eating disorders and disordered eating patterns, you'll want to bookmark this site – which offers information about **National Eating Disorders Awareness Week** along with statistics, handouts, and lots of links.

### National PTA ~ Healthy Lifestyles Initiative

[www.pta.org/healthy\\_lifestyles.asp](http://www.pta.org/healthy_lifestyles.asp)

This link offers a long list of *Healthy Lifestyles Event and Activity Ideas* plus links to numerous other PTA resources, including *How Do I Get People to Participate?*, *Programs Promoting Physical Activity and Nutrition*, and *Potential Partners for PTA Healthy Lifestyles Programs*.

### School Employee Wellness Guide

[www.schoolempwell.org](http://www.schoolempwell.org)

A comprehensive guide with info, tools, and resources for school employee wellness programs designed to help schools, districts, and states support the implementation of employee wellness programs to improve workforce productivity and reduce the costs of employee healthcare.

### Society for Nutrition Education – MyPyramid e-Catalog

[www.sne.org/mypyramid/](http://www.sne.org/mypyramid/)

SNE's MyPyramid e-Catalog can help you find and use nutrition education tools and curricula. It is a searchable listing of peer-reviewed resources, which includes a description of the material, a review by nutrition professionals, and a link to the actual material and/or ordering information.

### USDA Healthy Meals Resource System (HMRS)

<http://healthymeals.nal.usda.gov/>

HMRS provides information to those working in all USDA's Child Nutrition programs, including access to online discussion groups (like the **MealTalk** listserv), **Child Nutrition Database Release 12**, and numerous resources produced by USDA and state child nutrition programs.

### USDA Empowering Youth with Nutrition & Physical Activity

<http://teamnutrition.usda.gov/Resources/empoweringyouth.html>

For use in after school programs and classrooms with youth 11-18 years old, this manual contains nutrition and physical activity information to enhance leader knowledge; fun, hands-on activities that teach nutrition concepts; and tips, worksheets, handouts, and discussion prompters.